

# MENTAL HEALTH AND ITS IMPACT ON EVERYTHING- PART 2

Date: Wednesday, June 23rd

Time: 12pm-1pm



**Dr. Tara Doaty**

Founder, Sage Wellness Group

This workshop will largely focus on the mental and emotional impact of living through a pandemic. Participants will have an increased understanding of emotional wellness throughout the lifespan and be better equipped to meet their mental and emotional health needs. If you did not join Part 1, be sure to join this session.

Register in advance for this meeting:

<https://us02web.zoom.us/j/8sHtMKD1BN9ltoSxUiht-EEfS>

To learn more about Sage Wellness Group, go to our website:

[www.sagewellnessgroup.com](http://www.sagewellnessgroup.com).

This event is graciously supported by the Howard County Health Department.